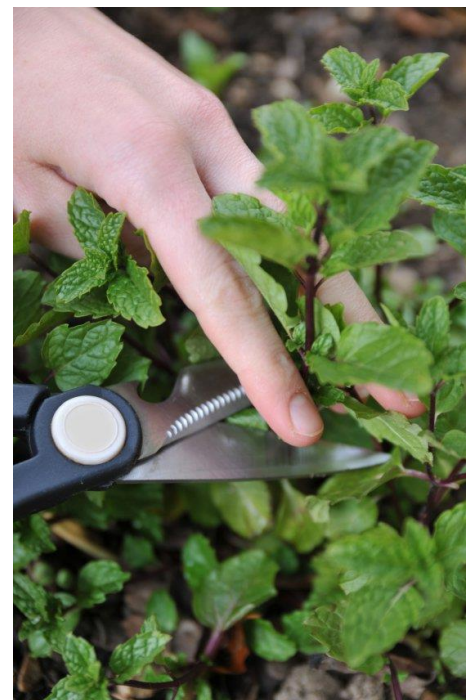


Using and Preserving Culinary Herbs



Pat Weisbrodt

Extension Master Gardener Volunteer
Chatham County

Fresh herbs are generally best for cooking

Exceptions:

- Oregano - better flavor from dried
- If you find oregano too strong, try marjoram



If using dried herbs instead of fresh,
use half of the amount called for in the recipe



Add dried herbs at the beginning of cooking and fresh near the end of cooking



Most herbs dry well in a dehydrator, 90° -125 °

Exceptions:

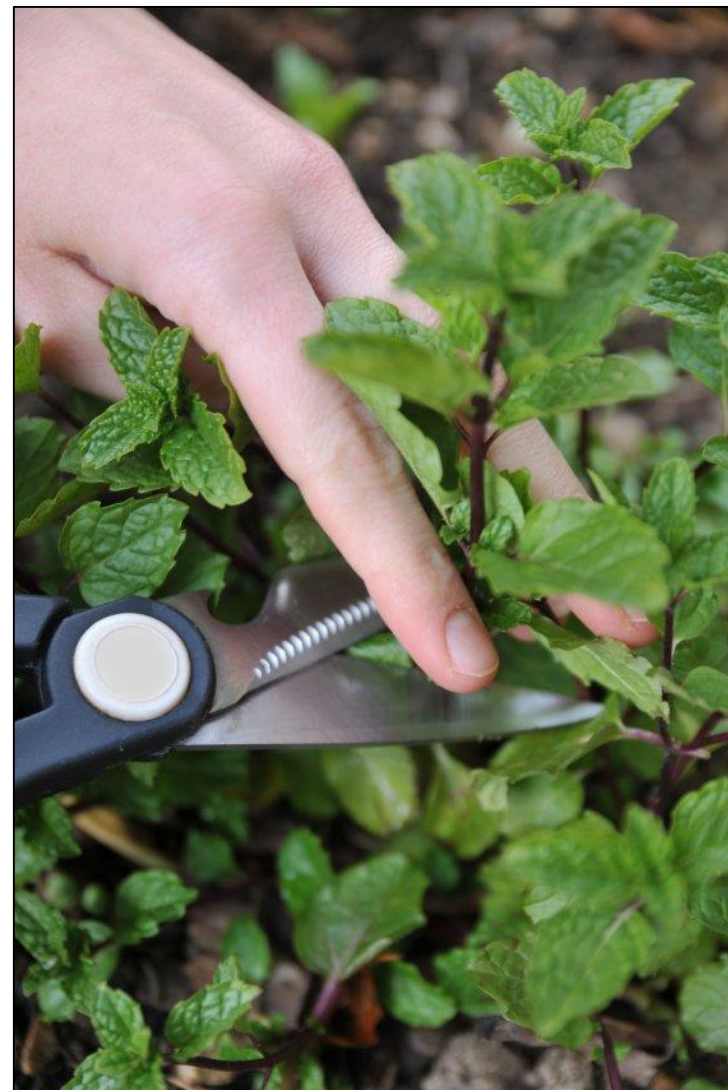
- **Dill Seed**
- **Lavender**
- **Rosemary**

Tie in bundles



Pick herbs in the morning before heat of the day

Rinse in cold water to remove bugs, dirt, and debris



Place in a salad spinner to remove excess water

Lay leaves or
sprigs on trays of
dehydrator, with
space in between



Crush herbs when you are using them

- Not when packing in jars for storage
- Use clean jars with tight lids



Use Virgin Olive Oil . . .

Extra virgin olive oil
may overwhelm the
flavor of the herbs



If you find pesto too strong . . .

Try using ½ flat leaf
(Italian) parsley and
½ basil for your recipe



Infused oils will
become rancid

If adding herbs to
oils, **use within a
few weeks**



Infused vinegars last a long time

- 1) Place herbs in vinegar
- 2) Place in a **dark cupboard** for six weeks
- 3) Strain vinegar and place in glass container



Need help? Contact MGVs!

NC STATE

EXTENSION

Master Gardener | Chatham County

Plant Clinic: MW 1:00-4:00, F 9:00-12:00

chathamemgv@gmail.com

919-545-2715

NC STATE

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